



LASAGNE ALLA BOLOGNESE

MISE EN PLACE

- Grate your parmesan cheese.
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LASAGNE ALLA BOLOGNESE *(serves 8)*

Recipe by Kathryn Joel

Fresh Pasta (500 g flour to 5 eggs) (recipe follows)

2 tbsp extra-virgin olive oil

Bolognese Sauce (recipe follows)

White Sauce (recipe follows)

8oz Parmesan, grated

10x20 inch lasagna pan

To serve: Salad of your choice of Leaf Lettuce, Radicchio, Endive, Arugula, Cherry Tomatoes dressed with a Balsamic Vinaigrette (recipe follows)

- Preheat your oven to 350°F.
- Divide the Pasta dough into 8 pieces and roll it out, finishing on the thinnest setting on your pasta machine
- Cut the noodles into rectangles and lay on a lightly dusted tea towel to dry for around 10 minutes.
- Prepare an ice bath with the olive oil in the ice water, then cook the noodles, in batches, in plenty of well-salted boiling water for a minute or so until tender.
- Transfer the cooked noodles to the ice bath then dry on paper towel.
 - a) Spread a layer of Bolognese sauce over the bottom of the pan;
 - b) Sprinkle with some grated parmesan;
 - c) Cover with a layer of cooked noodles;
 - d) Now add a layer of white sauce, spread over the noodles;
 - e) Repeat with another layer of Bolognese sauce; and

- f) Keep repeating the layers, finishing with a final layer of white sauce sprinkled with parmesan cheese.
- Bake for 45 minutes, or until browned and bubbling then rest for 10 minutes before serving.

Bolognese Sauce

¼ cup extra-virgin olive oil
2 medium onions, finely chopped
4 ribs celery, finely chopped
2 carrots, finely chopped
5 cloves garlic, chopped
1lb ground veal or beef
1lb ground pork
4oz pancetta or bacon, ground or finely chopped
6oz can tomato paste
1 cup whole milk
1 cup dry white wine
1 tsp thyme leaves
salt and freshly ground black pepper, to taste

- Heat the olive oil over a medium heat then sweat the onions, celery and carrots until soft and translucent, about 5-10 minutes, adding the garlic for the final minute or so.
- Add the meats, turning the heat up to high, and brown, stirring frequently.
- Add the tomato paste, milk, wine and thyme and bring to the boil then reduce to a simmer.
- Simmer for 1 to 1½ hours, seasoning to taste as it cooks.

White Sauce (Besciamella)

5tbsp unsalted butter
¼ cup all-purpose flour
3 cups (3%) whole milk
1 Bay leaf
1 sprig of fresh thyme
1 slice of onion
A few parsley stalks
Salt, to taste
freshly grated nutmeg, to taste

- In a medium pan, add the milk and aromatics (bay leaf, fresh thyme, onion and parsley stalks). Bring up to a simmer then turn off the heat and set aside.
- In another medium pan, melt the butter over a medium heat.
- Using a wooden spoon, stir in the flour then cook for 5 minutes or so until you have a smooth, golden roux.
- Meanwhile strain and reheat the aromatic infused milk to a simmer.
- Gradually whisk the hot milk into the roux, whisking until smooth after each addition.
- Bring to the boil then cook at a simmer, stirring, until thickened to spoon coating consistency. Remove from the heat.
- Season to taste with salt and nutmeg.

Fresh Pasta, Whole Egg

500 g “00” flour, or all-purpose flour*

5 large eggs

** (add 100g flour for every large egg if you are increasing the quantity of pasta that you are making)*

- Pour the flour onto your work surface and make a wide well in the center.
- Pour the eggs into the well and beat them together with a fork.
- Using the fork, start mixing the flour into the eggs from the inside edges of the well.
- Continue mixing the flour into the eggs, using the fork then a bench scraper and finally your hands, until you have a firm, kneadable dough that isn't too dry – stop incorporating flour when your dough has reached the right consistency – Use a bench scraper to move some of the flour to the side once you have incorporated enough flour into the egg to prevent it running away when you break the well. (NOTE: It is much easier to adjust a dough that is too wet, than a dough that is too dry).
- Knead the dough for about 10 minutes, until it is smooth and elastic. (If you push your finger into the dough it should be moist but not sticky, and it should spring back).
- Now wrap the dough tightly in plastic wrap and set aside to rest for at least 30 minutes to allow the gluten to relax. If you are resting it for more than an hour, you can rest your dough in your fridge. Bring it back to room temperature before rolling it out.
- When you're ready to roll out your dough, cut it in two to three pieces and flatten one half with a rolling pin or your hands (wrap the other(s) back up in plastic wrap). Next roll your pasta dough through your pasta machine, one setting at a time, starting at the widest setting and working your way down to the second last setting. Sprinkle a small amount of flour onto your pasta machine rollers and your work surface before you start rolling – if your dough is sticky you may need to use more flour.
- Now fold the rolled dough using a book fold then start rolling it again, starting at the widest setting. When you have rolled it through all of the settings (or the second last depending on how thin you want the pasta to be), cut it into appropriate lengths and lay it on a floured towel to dry for a few minutes. You could also hang it over a broom handle or a pasta rack.

- When the pasta feels dry but still pliable, you can cut it with your machine, or by hand.
- Leave to dry for 10 minutes or so on a lightly floured tea towel. Now it is ready to cook, or you can form it into bundles and leave it to dry.

Balsamic Dressing *(makes 120 ml of vinaigrette)*

2 tbsp (30 ml) Aged Balsamic Vinegar, or use Red Wine Vinegar

6 tbsps (90 ml) Extra Virgin Olive Oil

1 clove garlic

1 1/2 tsp Dijon mustard

Fresh herb leaves (your choice of thyme, oregano, parsley) picked and chopped (optional)

Salt and pepper to taste

- Use your knife and a little salt to smash the garlic into a purée, then combine in a bowl with the Dijon mustard and the vinegar.
- Gradually whisk in the olive oil, to form an emulsion. You can also use a blender although this is more effective for a larger quantity.
- Stir in the (optional) fresh thyme, and season to taste with salt and pepper.
- Store in your fridge.

EQUIPMENT

10x20 inch lasagna pan

Pasta machine (essential equipment)

Large pot (dutch oven) for ragu

Pot for white sauce

Pot for heating milk

Sieve

Bowls

Digital weighing scale

Measuring cups and spoons

Box grater, for parmesan

Ice for cooling cooked pasta

Tea towels for resting pasta dough